

5 A Day Recipes

Green Recipes

Broccoli & Green Beans with Ginger Green Sauce

Serves 4

A delicious green sauce gives these favorite vegetables a pleasant kick and allows the cook a little artistry when it comes to table presentation.

- Green Sauce: 2 cups tightly packed, fresh spinach leaves
1/2 cup low-sodium vegetable broth
1/4 teaspoon low-sodium soy sauce
1/2 teaspoon sesame oil
2 teaspoons rice wine vinegar or white vinegar
1/2 teaspoon grated fresh ginger (optional)
- 2 cups green beans, sliced into bite-sized pieces
(use fresh or frozen)
- 2 cups broccoli florets, cut into bite-sized pieces
(use fresh or frozen)

Puree green sauce ingredients in the blender until the sauce is bright and very smooth. Meanwhile, use the stove or microwave to steam green beans and broccoli just until each is bright green and tender-crisp. To serve, drizzle some green sauce on each plate, and top with a 1/4 cup pile of hot green beans and a 1/4 cup pile of hot broccoli.

Nutritional Analysis per serving:

54 calories
8 grams carbohydrate
3 grams protein
2 grams fat
0 grams saturated fat
0 milligrams cholesterol
133 milligrams sodium
2 grams fiber
28% calories from fat
2 1/2 "5 A Day" servings